ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEL29830)
- the NAME of the product (PROFORM® 545 EKG elliptical trainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14 of this manual)

PROFORM is a registered trademark of ICON Health & Fitness, Inc.

Part No. 200701 R0803A

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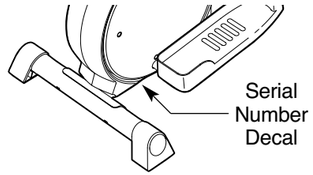
PRO-FORM® 545 EKG HeartRateMonitor

Class HC Fitness Product

Model No. PFEVEL29830
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

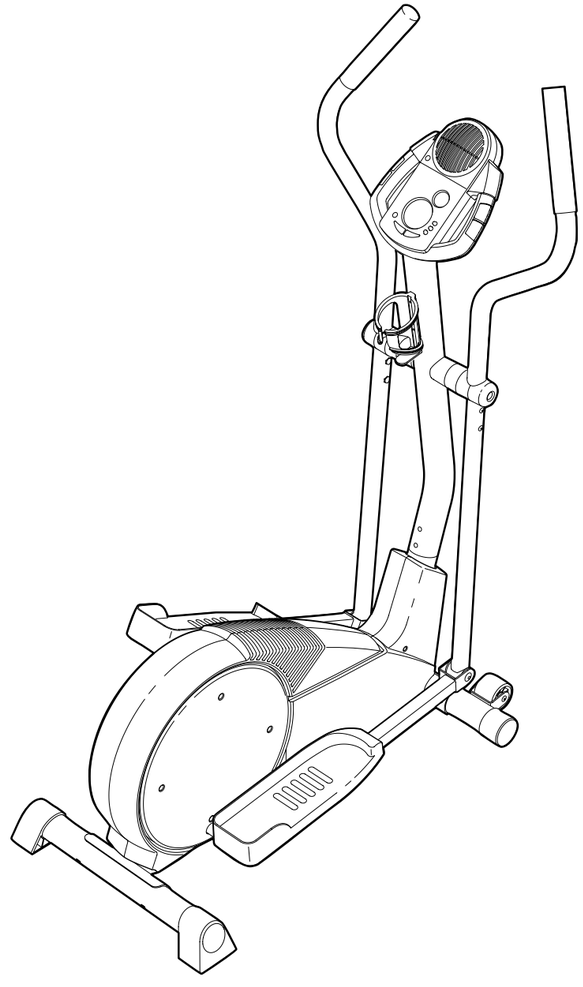
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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IMPORTANT PRECAUTIONS

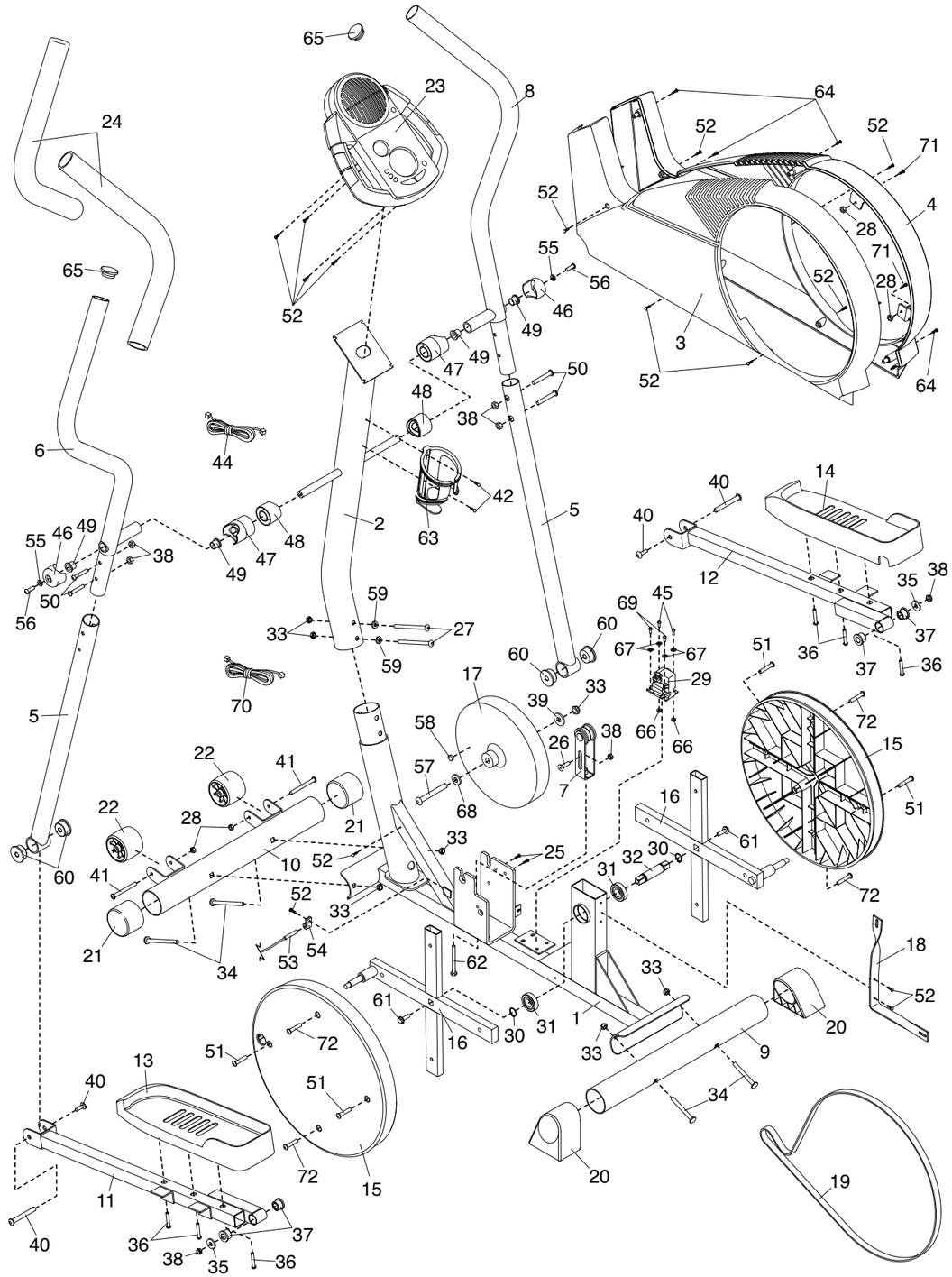
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical trainer.

1. **Read all instructions in this manual before using the elliptical trainer. Use the elliptical trainer only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions.**
3. **The elliptical trainer is intended for in-home use only. Do not use the elliptical trainer in a commercial, rental, or institutional setting.**
4. **Place the elliptical trainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical trainer indoors, away from moisture and dust.**
5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the elliptical trainer at all times.**
7. **The elliptical trainer should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Always wear appropriate clothes when using the elliptical trainer. Always wear athletic shoes for foot protection.**
9. **Always hold the pulse sensor or the handlebars when mounting, dismounting, or using the elliptical trainer.**
10. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **The elliptical trainer does not have a free wheel. Each time you stop exercising on the elliptical trainer, allow the pedals to come to a complete stop before dismounting.**
12. **Always keep your back straight when using the elliptical trainer. Do not arch your back.**
13. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. PFEVEL29830

R0803A



PART LIST—Model No. PFEVEL29830

R0803A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	1	Large Flywheel Washer
2	1	Upright	40	2	Pedal Arm Bolt Set
3	1	Left Side Shield	41	2	M6 x 72mm Bolt
4	1	Right Side Shield	42	2	M4 x 22mm Screw
5	2	Handlebar Arm	44	1	Upper Wire
6	1	Left Handlebar	45	2	M5 x 16mm Bolt
7	1	Idler Assembly	46	2	Handlebar Cap
8	1	Right Handlebar	47	2	Handlebar Spacer
9	1	Rear Stabiliser	48	2	Frame Spacer
10	1	Front Stabiliser	49	4	Small Handlebar Arm Bushing
11	1	Left Pedal Arm	50	4	M8 x 45mm Button Bolt
12	1	Right Pedal Arm	51	4	M6 x 25mm Screw
13	1	Left Pedal	52	14	M4 x 16mm Screw
14	1	Right Pedal	53	1	Reed Switch/Wire
15	2	Pedal Disc	54	1	Cable Clamp
16	2	Disc Crossbar	55	2	M10 Washer
17	1	Flywheel	56	2	M8 x 19mm Shoulder Screw
18	1	Side Shield Bracket	57	1	M10 Flat Head Bolt
19	1	Drive Belt	58	1	Magnet
20	2	Rear Endcap	59	2	M10 Split Washer
21	2	Front Endcap	60	4	Large Handlebar Arm Bushing
22	2	Wheel	61	2	5/16” x 25.4mm Hex Bolt
23	1	Console	62	1	M10 x 60mm Screw
24	2	Handgrip	63	1	Bottle Holder
25	2	M5 x 14mm Screw	64	4	M4 x 25mm Screw
26	1	M8 x 22mm Flat Head Screw	65	2	Handlebar Endcaps
27	2	M10 x 74mm Button Bolt	66	2	M5 Nylon Locknut
28	4	M6 Nylon Locknut	67	4	M5 Washer
29	1	Resistance Motor	68	1	Small Flywheel Washer
30	2	Large Snap Ring	69	2	M5 x 16mm Screw
31	2	Large Bearing	70	1	Lower Wire
32	1	Pedal Axle	71	2	M6 x 18mm Bolt
33	7	M10 Nylon Locknut	72	4	M6 x 28mm Scew
34	4	M10 x 75mm Carriage Bolt	#	1	TCD Cable
35	2	M8.5 Washer	#	1	Hex Key
36	6	M4 x 19mm Flange Screw	#	1	Grease
37	4	Pedal Arm Bushing	#	1	User’s Manual
38	7	M8 Nylon Locknut			

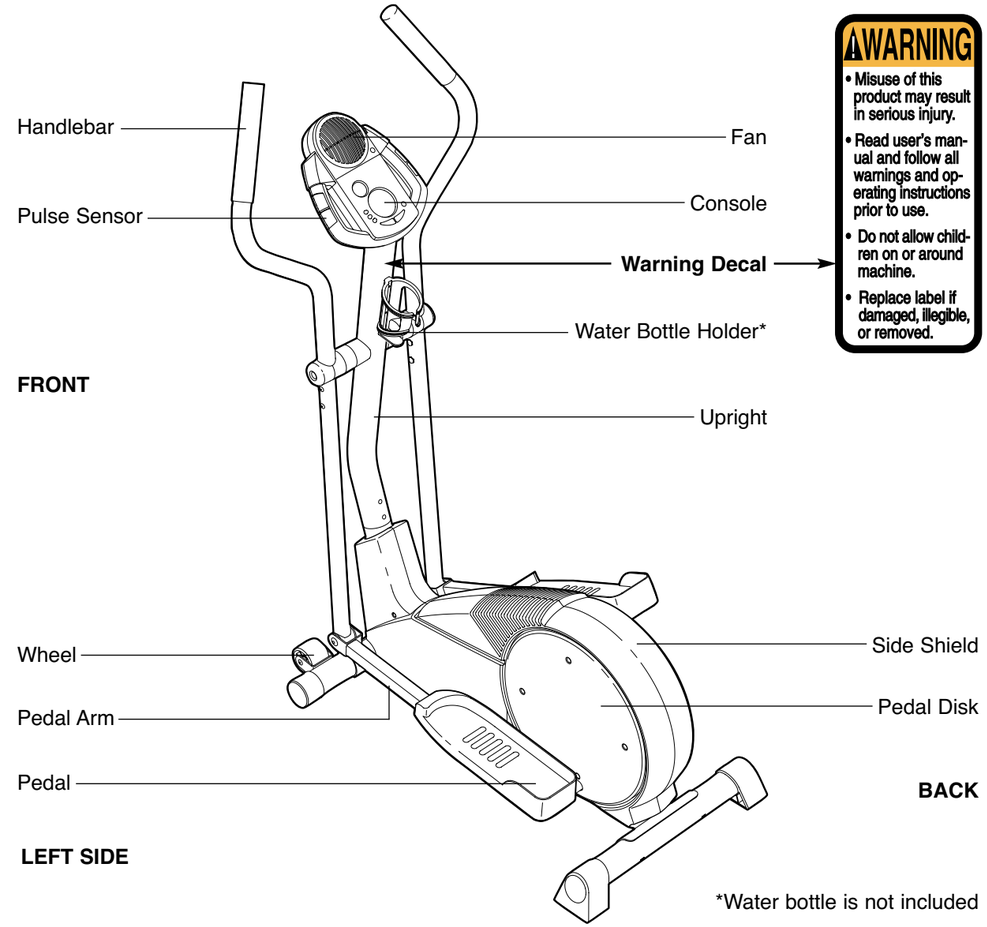
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 545 EKG elliptical trainer. The 545 EKG elliptical trainer is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique 545 EKG features adjustable resistance, upper-body handlebars, and a multi-mode console to help you get the most from your exercise.

For your benefit, read this manual carefully before you use the elliptical trainer. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is PFEVEL29830. The serial number can be found on a decal attached to the elliptical trainer (see the front cover of this manual for the location of the decal).

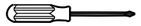
Before reading further, please look at the drawing below and familiarise yourself with the labeled parts.



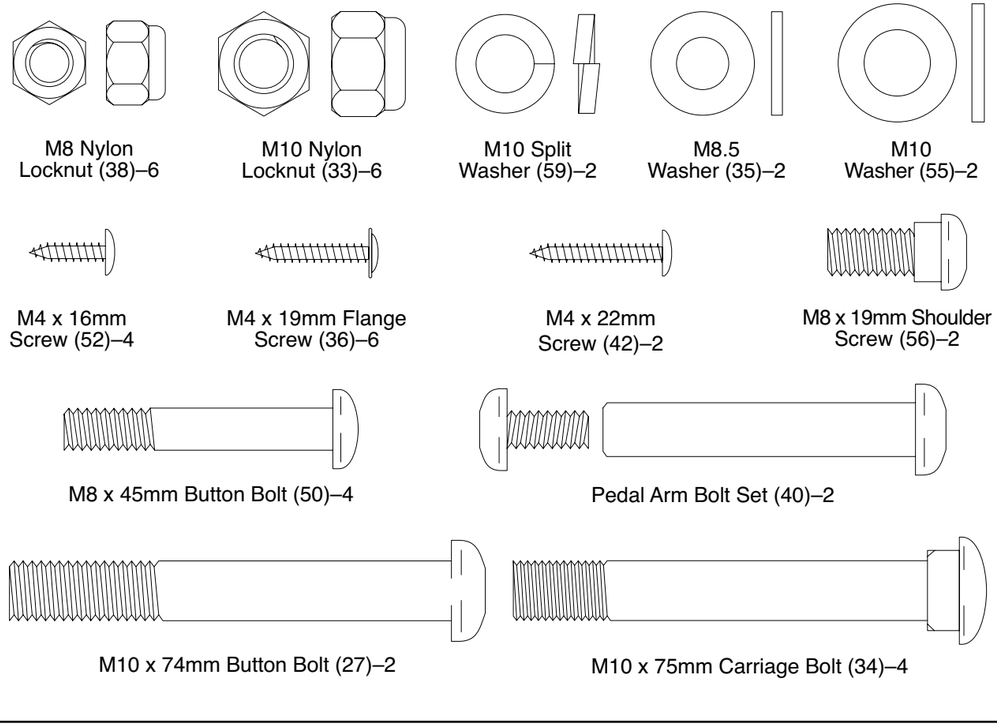
The decal shown here has been placed on the elliptical trainer. If the decal is missing or illegible, call our Customer Service Department to order a free replacement decal. Apply the decal in the indicated location.

ASSEMBLY

Assembly requires two people. Place all parts of the elliptical trainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included hex key, assembly requires a phillips screwdriver  , two adjustable spanners , a rubber mallet , and a pair of pliers .

Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 14. The number after the dash indicates the quantity needed for assembly. **Note: Some parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**


M8 Nylon Locknut (38)–6
M10 Nylon Locknut (33)–6
M10 Split Washer (59)–2
M8.5 Washer (35)–2
M10 Washer (55)–2
M4 x 16mm Screw (52)–4
M4 x 19mm Flange Screw (36)–6
M4 x 22mm Screw (42)–2
M8 x 19mm Shoulder Screw (56)–2
M8 x 45mm Button Bolt (50)–4
Pedal Arm Bolt Set (40)–2
M10 x 74mm Button Bolt (27)–2
M10 x 75mm Carriage Bolt (34)–4

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lowest number and the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical trainer regularly. Replace any worn parts immediately. The elliptical trainer can be cleaned with a soft cloth and a small amount of mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

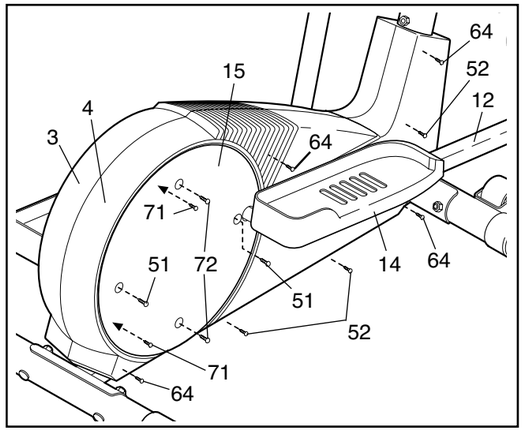
When storing the elliptical trainer, remove the batteries from the console. Keep the elliptical trainer in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

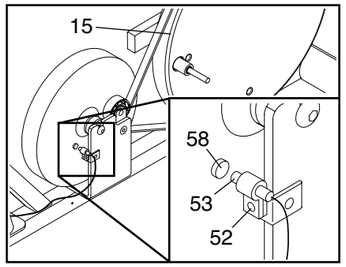
If the console does not function properly, replace the batteries (see assembly step 3 on page 5).

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first see assembly step 9 on page 7 and remove the Pedals (13, 14). Next, see step 8 on page 7 and remove the Pedal Arms (11, 12).



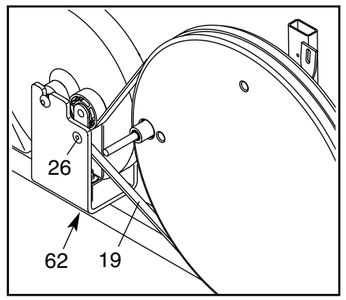
Next, remove all Screws (51, 72) from the right Pedal Disc (15), and slide the Pedal Disc off. Remove all Screws (71, 64) from the Right Side Shield (4), and remove the Right Side Shield. Remove all Screws (52) from the Left Side Shield (3) and remove the Left Side Shield.



Next, locate the Reed Switch (53). Loosen, but do not remove, the indicated Screw (52). Slide the Reed Switch slightly toward or away from the Magnet (58) on the flywheel. Retighten the Screw. Turn the left Pedal Disc (15) for a moment. Repeat until the console displays correct feedback.

When the Reed Switch (53) is correctly adjusted, reattach the Side Shields (3, 4), the right Pedal Disc (15), the Pedal Arms (11, 12), and the Pedals (13, 14).

HOW TO ADJUST THE DRIVE BELT



If you can feel the pedals slip whilst you are pedaling, even when the resistance is set at the maximum level, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must remove both side shields. See the instructions at the left and remove the side shields.

Next, loosen the M8 x 22mm Flat Head Bolt (26) and turn the M10 x 60mm Screw (62) until the Drive Belt (19) is tight. Once the Drive Belt is tight, tighten the Flat Head Screw. Reattach the side shields.

1. Identify the Front Stabiliser (10). Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels (22) are not touching the floor.**

2. Whilst another person lifts the back of the Frame (1) slightly, attach the Rear Stabiliser (9) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

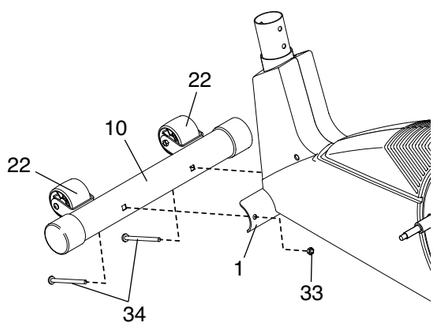
3. The Console (23) requires four “D” batteries (not included); alkaline batteries are recommended. Remove the screw from the battery drawer. Pull the battery drawer open and insert four batteries. **Make sure that the batteries are oriented as shown by the markings inside the battery drawer.** Close the battery drawer and reattach the screw. Note: When the batteries are installed correctly, the fan will turn on for a moment.

4. Hold the Console (23) near the Upright (2). Connect the console wire to the Upper Wire (44). Insert the excess wire into the Upright.

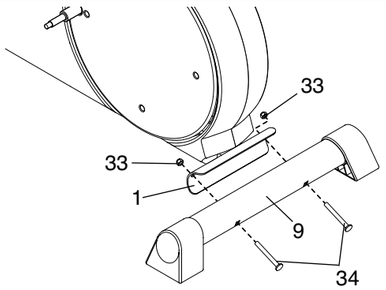
   Attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (52). **Be careful to avoid pinching the wires.**

   Attach the Water Bottle Holder (63) to the Upright (2) with two M4 x 22mm Screws (42).

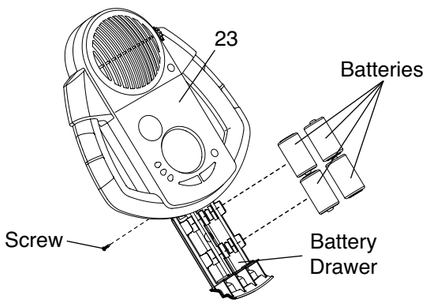
1



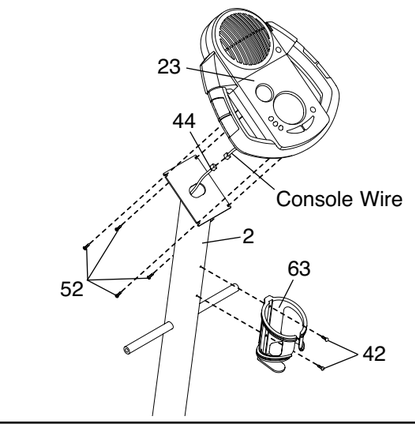
2



3



4



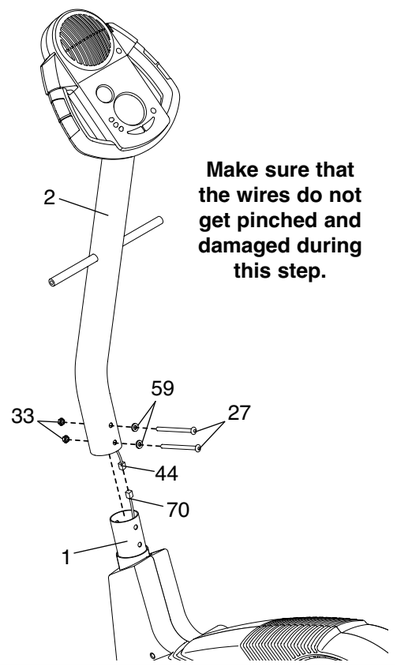
5. Whilst another person holds the Upright (2) near the Frame (1) as shown, connect the Upper Wire (44) to the Lower Wire (70).

   Slide the Upright (2) onto the Frame (1); **be careful not to pinch the Wires (44, 70).** Attach the Upright with two M10 x 74mm Button Bolts (27), two M10 Split Washers (59), and two M10 Nylon Locknuts (33). **Do not tighten the Button Bolts yet.**

6. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Arm with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (38). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

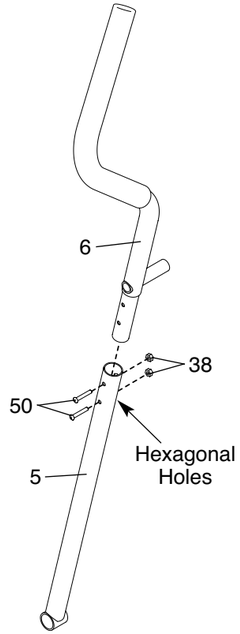
   Attach the Right Handlebar to the other Handlebar Arm (not shown) in the same way.

5

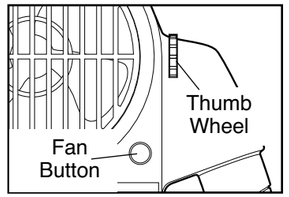


Make sure that the wires do not get pinched and damaged during this step.

6



5 **Turn on the fan if desired.**



To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on and the pedals are not moved for about half a minute, the fan will turn off to conserve the batteries.

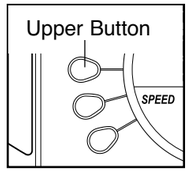
Rotate the thumb wheel on the right side of the console to pivot the fan to the desired angle.

6 **When you are finished exercising, the console will automatically turn off.**

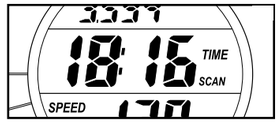
If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

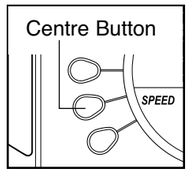
To view only the distance you have pedaled or the number of calories or fat calories you have burned, press the upper button on the left side of the large display until only the word DISTANCE, CALORIES, or FAT CALS appears in the upper section of the large display; make sure that the word SCAN does not appear. To again view the distance you have pedaled and the numbers of calories and fat calories you have burned, press the upper button until the word SCAN reappears.



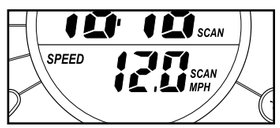
The centre of the large display will show the elapsed time and your current pace (pace is shown in minutes per mile in this section of the large display). The display will change from one number to the other every few seconds.



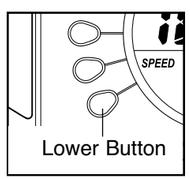
To view only the elapsed time or your pace, press the centre button on the left side of the large display until only the word TIME or PACE appears; make sure that the word SCAN does not appear. To again view both the elapsed time and your pace, press the centre button until the word SCAN reappears.



The lower section of the large display will show your pedaling speed and the resistance level. The display will change from one number to the other every few seconds.



To view only your pedaling speed or the resistance level, press the lower button on the left side of the large display until only the word SPEED or RESISTANCE appears; make sure that the word SCAN does not appear. To again view both your pedaling speed and the resistance level, press the lower button until the word SCAN reappears.

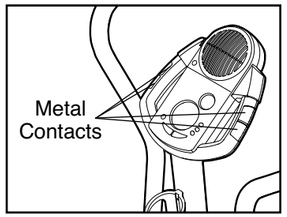


To reset the displays, press the On/Reset button.

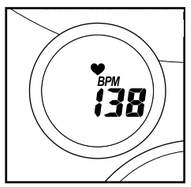
Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for about six seconds. Note: When the button is held down, the fan will turn on for a moment. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

4 Measure your heart rate if desired.

If there are thin sheets of plastic on the metal contacts on the handgrips, peel off the plastic. To use the handgrip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.**



When your pulse is detected, the heart-shaped indicator in the small display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.



7. Apply a generous amount of the included grease to the left axle on the Upright (2) and inside of the two small Handlebar Bushings (49) in the Left Handlebar (6).

   Slide a Frame Spacer (48), a Handlebar Spacer (47), the Left Handlebar (6), and a Handlebar Cap (46) onto the left axle on the Upright (2) as shown. Slide an M10 Washer (55) onto an M8 x 19mm Shoulder Screw (56), and tighten the Shoulder Screw into the axle.

   Attach the Right Handlebar (8) in the same way.

8. Apply a generous amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) onto the axle and attach it with an M8.5 Washer (35) and an M8 Nylon Locknut (38).

   Insert the left Handlebar Arm (5) into the bracket on the end of the Left Pedal Arm (11), and attach it with a Pedal Arm Bolt Set (40).

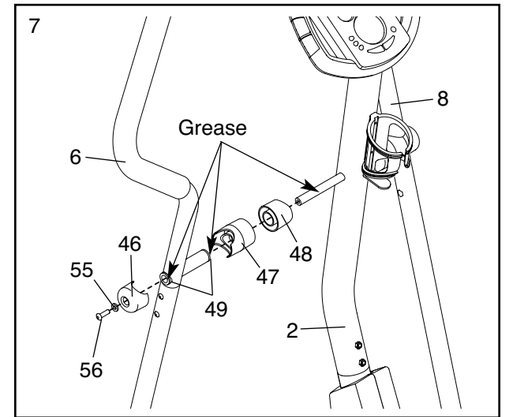
   Repeat this step to attach the right Pedal Arm (not shown).

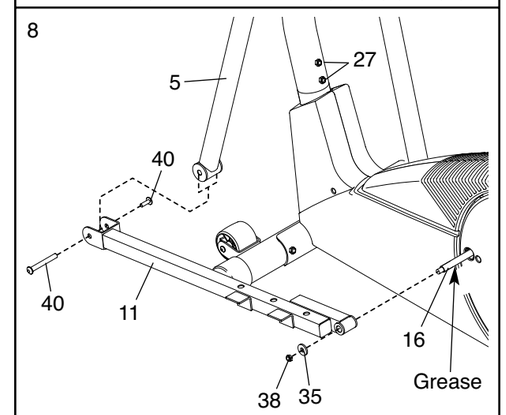
   See step 6. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Arms (5).

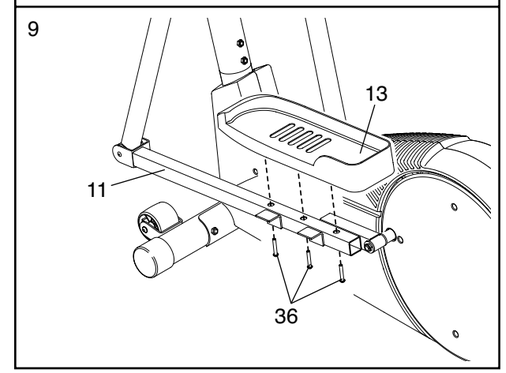
   Tighten the two M10 x 74mm Button Bolts (27).

9. Find the Left Pedal (13), which has a ridge on the right side. Attach the Left Pedal to the Left Pedal Arm (11) with three M4 x 19mm Flange Screws (36) as shown.

   Attach the Right Pedal to the Right Pedal Arm (not shown) in the same way.





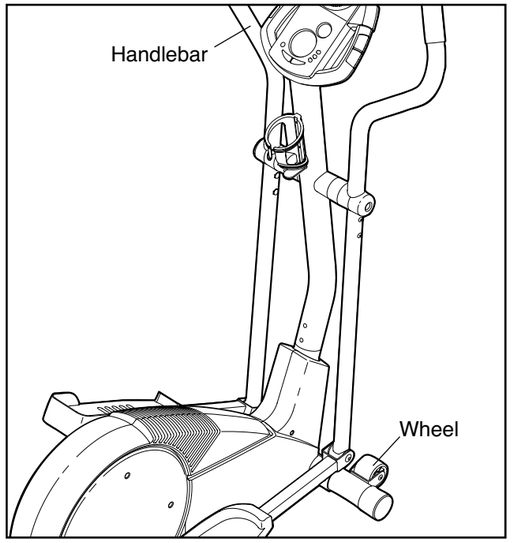


10. **Make sure that all parts of the elliptical trainer are properly tightened.** Place a mat under the elliptical trainer to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL TRAINER

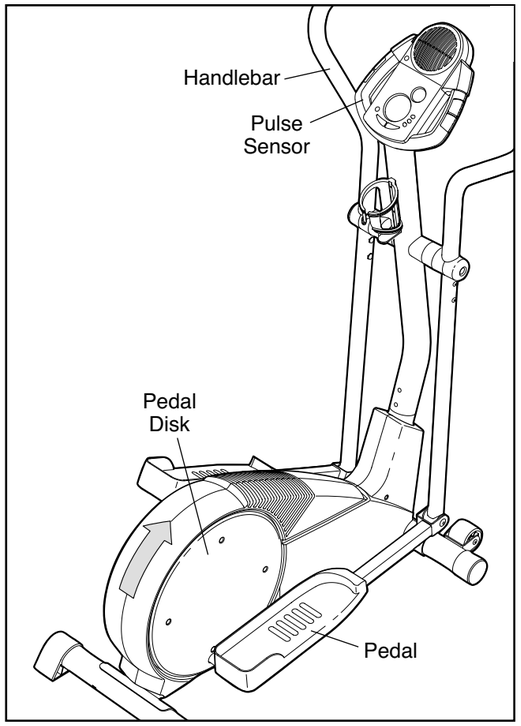
HOW TO MOVE THE ELLIPTICAL TRAINER

Stand in front of the elliptical trainer, hold the handlebars firmly, and place one foot against one of the wheels. Pull the handlebars until the elliptical trainer can be moved on the front wheels, and carefully move the elliptical trainer to the desired location. Then, place one foot against a wheel and lower the elliptical trainer. **Due to the size and weight of the elliptical trainer, use extreme caution whilst moving and lowering it.**



HOW TO EXERCISE ON THE ELLIPTICAL TRAINER

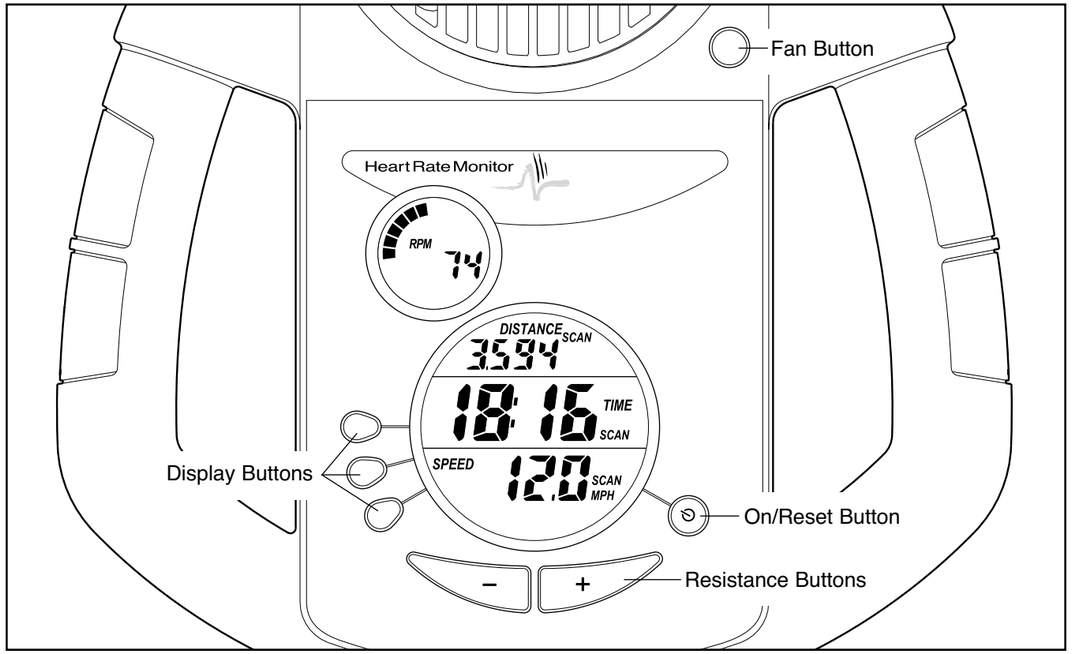
To mount the elliptical trainer, firmly hold the pulse sensor and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown by the arrow at the right; however, for variety, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical trainer, allow the pedals to come to a complete stop. **Note: The elliptical trainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

The handlebars are designed to add upper-body exercise to your workouts. As you exercise, push and pull the handlebars to work your arms, shoulders, and back. To exercise only your lower body, hold the pulse sensor as you exercise.

HOW TO OPERATE THE CONSOLE



The easy-to-use console offers a selection of features designed to help you get the most from your workouts. Follow the instructions below to operate the console.

1 Turn on the console.

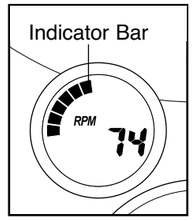
Note: The console requires four 1.5V “D” batteries. See assembly step 3 on page 5 for battery installation instructions.

To turn on the console, press the On/Reset button (see the drawing above to identify the On/Reset button). Note: Moving the pedals is another way to turn on the console.

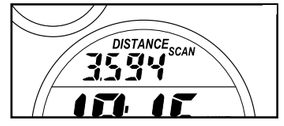
2 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the + and – buttons below the large display. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected setting.

3 Follow your progress with the small display and the large display.



The small display will show your pedaling pace, in revolutions per minute (RPM). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedaling pace. Note: When you use the handgrip pulse sensor, the small display will show your heart rate (see step 4 on page 10).



The upper section of the large display will show the distance you have pedaled and the numbers of calories and fat calories you have burned (see FAT BURNING on page 13 for an explanation of fat calories). The display will change from one number to the next every few seconds.